



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 03187, Babyfood, cereal, mixed, with applesauce and bananas, strained

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	80.00	--	0.100	0	0	--	--	--	--	Calculated or imputed	--	04/2016
Energy	kcal	82	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Energy	kJ	343	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Protein	g	0.71	--	--	0	0	--	--	--	--	Calculated from nutrient label by NDL	--	04/2016
Total lipid (fat)	g	0.51	--	--	0	0	--	--	--	--	Calculated from nutrient label by NDL	--	04/2016
Ash	g	0.40	--	--	0	0	--	--	--	--	Calculated from nutrient label by NDL	--	04/2016
Carbohydrate, by difference	g	18.38	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2016
Fiber, total dietary	g	1.0	--	--	0	0	--	--	--	--	Calculated from nutrient label by NDL	--	04/2016

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sugars, total	g	11.10	--	--	0	0	--	--	--	--	Calculated from nutrient label by NDL	--	04/2016
Minerals													
Calcium, Ca	mg	91	--	--	0	0	--	--	--	--	Calculated from nutrient label by NDL	--	04/2016
Iron, Fe	mg	6.81	--	--	0	0	--	--	--	--	Calculated from nutrient label by NDL	--	04/2016
Magnesium, Mg	mg	7	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2016
Phosphorus, P	mg	29	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2016
Potassium, K	mg	111	--	--	0	0	--	--	--	--	Calculated from nutrient label by NDL	--	04/2016
Sodium, Na	mg	5	--	--	0	0	--	--	--	--	Calculated from nutrient label by NDL	--	04/2016
Zinc, Zn	mg	1.01	--	--	0	0	--	--	--	--	Calculated from nutrient label by NDL	--	04/2016
Copper, Cu	mg	0.055	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2016
Selenium, Se	µg	2.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997

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Fluoride, F ¹	µg	1.1	--	0.100	1	1.3	2.0	0.67	1.53	1	Analytical or derived from analytical	--	09/2004
Vitamins													
Vitamin C, total ascorbic acid	mg	15.9	--	--	0	0	--	--	--	--	Calculated from nutrient label by NDL	--	04/2016
Thiamin	mg	0.126	--	--	0	0	--	--	--	--	Calculated from nutrient label by NDL	--	04/2016
Riboflavin	mg	0.156	--	--	0	0	--	--	--	--	Calculated from nutrient label by NDL	--	04/2016
Niacin	mg	2.020	--	--	0	0	--	--	--	--	Calculated from nutrient label by NDL	--	04/2016
Pantothenic acid	mg	0.195	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1978
Vitamin B-6	mg	0.101	--	--	0	0	--	--	--	--	Calculated from nutrient label by NDL	--	04/2016
Folate, total	µg	25	--	--	0	0	--	--	--	--	Calculated from nutrient label by NDL	--	04/2016
Folic acid	µg	25	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2016
Folate, food	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2016

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Folate, DFE	µg	43	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2016
Choline, total	mg	3.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Vitamin B-12	µg	0.51	--	--	0	0	--	--	--	--	Calculated from nutrient label by NDL	--	04/2016
Vitamin B-12, added	µg	0.51	--	--	0	0	--	--	--	--	Calculated from nutrient label by NDL	--	04/2016
Vitamin A, RAE	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2016
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2016
Carotene, alpha	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2016
Cryptoxanthin, beta	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2016
Vitamin A, IU	IU	0	--	--	0	0	--	--	--	--	Calculated from nutrient label by NDL	--	04/2016
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Lutein + zeaxanthin	µg	10	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Vitamin E (alpha-tocopherol)	mg	0.03	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Vitamin E, added	mg	0.68	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2016
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009

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Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	0.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Lipids													
Fatty acids, total saturated	g	0.090	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
8:0	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
12:0	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
14:0	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
16:0	g	0.076	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:0	g	0.005	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total monounsaturated	g	0.135	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
16:1 undifferentiated	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:1 undifferentiated	g	0.133	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total polyunsaturated	g	0.191	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:2 undifferentiated	g	0.181	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:3 undifferentiated	g	0.005	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Amino Acids													
Tryptophan	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Threonine	g	0.035	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Isoleucine	g	0.044	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Leucine	g	0.088	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Lysine	g	0.036	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Methionine	g	0.025	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Cystine	g	0.027	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phenylalanine	g	0.063	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Tyrosine	g	0.044	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Valine	g	0.059	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Arginine	g	0.067	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Histidine	g	0.028	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Alanine	g	0.047	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Aspartic acid	g	0.083	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Glutamic acid	g	0.310	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Glycine	g	0.052	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Proline	g	0.086	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Serine	g	0.051	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003

Sources of Data

¹Steven Levy Fluoride data on infant foods and beverages, 2003 unpublished Fluoride data from Dr. Steven Levy, University of Iowa